

TWS PRO IQ FOIL TRAINING

winter 2022



TENERIFE
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JOIN OUR PRO IQ FOIL TRAINING SEASON 2022!

With 2021 being an experimental season the TWS Crew is ready for more IQFoil! We have added the new Olympic class to our weekly training schedule so the riders can get ready for the upcoming IQFoil events. Whether you are dedicated to the IQFoil or want to combine it with the PWA fin and foil racing you can do both with us!

We have made some improvements to offer you the best high-quality training and we are excited to start another edition of the TWS Pro IQ Foil Trainings. We expect a high level of riders joining the IQFoil trainings and we are welcoming new riders to join the trainings and learn from the best.

Additional to the weekly trainings we will be organising 4 official Coach Regatta's open for all IQFoil riders and federations from all over the world. So join the Coach Regatta and improve your racing skills!

The 2022 TWS Pro IQFoil Training season will be held from 03-01-2022 until 04-04-2022

WHY TWS PRO IQFOIL TRAINING?

Tenerife Windsurfing Solution has been organising pro slalom trainings since 2015 and Foil trainings since 2018. The step towards IQFoil is in line with our ambition of organising high end professional winter trainings, available for everyone with the highest quality possible.

We aim for at least 4 days of training per week doing multiple sessions per day. During the winter training we will be racing on different courses as the IQFoil competitions contain multiple formats. There will be a good mix with long distance, short and long course trainings but also different variations of the downwind and slalom courses.

We want to keep the quality of training high and will be organising de-briefings to analyse the sessions. On the course we only use proper regatta marks and our race directors will be calling over earlies and film all the starts.

EL MÉDANO

The bay of El Médano offers a good mix of different conditions whereas you can choose to sail in lighter morning breeze, stronger afternoon wind, waves, chop or flat-water. Besides windsurfing the island has everything to offer and help you prepare optimally for your racing season. Tenerife is known as one of the world's best road biking destinations, there are beautiful hikes and good equipped gyms close by. Also surf, kite, wave, freestyle, slalom and wing foiling are all possible for some extra alternative training. With El Médano having a nice and relaxed atmosphere in town with many restaurants and bars we are proud to offer you the most complete training package available.

SURFHUB TENERIFE

The IQ Foil trainings will take place from the Surf Hub Tenerife center. On the North Side of El Médano we will start from 'playa de la Jaquita'. There is plenty of space to rig and it is easy to launch from with the foil, having a minimal beach break.

Surf Hub has all the facilities like toilet, shower and changing room. Tenerife Windsurf Solution is organising storage for your IQ equipment so you can take care of your gear in the best way. We can offer you a package together with the Surf Hub Experience Center for the non training days where you can have the possibility to use like wave/free wave gear, surfing, wing foil sup and bodyboards.

PARKING OF CARS AT SURF HUB

If you come with your own vehicle, we have to follow some rules to make life nice and easy for both you as rider and the local community. Make sure you do not rig on the pathway as many tourists and locals are walking there. You can keep your equipment on the beach or grass so the pathway is clear.

RULES REGARDING COVID19 DURING 2022 TRAINING SEASON

Fortunately the situation in the world is getting better so we hope to see many of you back with us in Tenerife again. Nonetheless there are still some COVID measures we need to take into account. We will try and keep you updated through e-mail and Whatsapp on radical changes in the measures. We kindly ask you to follow the restrictions to avoid problems and big fines. When not following up the safety measurements we can expel you from participating in the trainings.

PHYSIO THERAPY

The weeks are full of hard training so this year manual- physiotherapist and osteopath i.s. Mary Vonk will be in El Medano and available for treatments to help you with your recovery after going full power on the course. In case you want to book an appointment just walk by at Surfhub and we will provide you with further details!

REPAIR SHOP

You went a bit too tight on the mark, you had port/starboard situation or something else happend so you damaged your board? Pavle Dujic, who worked at Flikka Customs before, is running the TWS repair shop and does all kind of pro repairs on boards and other repairs like boom regripping. So, you can go full out on the course and if something gets damaged Pavle is the man to go to. Plus, we offer a high-end sail repair service as well, just give your sails to Pavle and he will sort it for you.

Below we have gathered all information you need to know about the trainings, logistics and info regarding the coach regatta.



COACH REGATTA

Besides the weekly TWS training we want to stimulate and invite more people to come and train in Tenerife. We all know that training in big groups is very valuable and to get real race hours in, with something to fight for, will help you further in preparations for the season.

During the Coach Regatta we will be doing 6 days of racing. All the formats will be sailed and like in a real competition we want to increase the pressure by involving some prize money and other prizes. An official Coach Regatta Instruction will be published up front to have clarity about the courses, point system and rules.

It is still under construction but the following dates are t.b.c. for the coach regatta:

Week 1: 24-30 January

Week 2: 14-20 February

Week 3: 7-13 March

Week 4: 28 March-3 April

We want to give you and your team the best experience and therefore invite you to come for the coach regatta. Don't hesitate to get in touch and we will help you out the best way we can to make your training days great out here! Let's get the sport to the next level!



COMMUNICATION

Communication of the TWS Pro IQ FOIL Training will be done by using a Whatsapp group. The WhatsApp group is a platform exclusively for competitors to discuss all issues concerning the training. We ask you to check this group daily to not miss out on any useful information.

Pro Slalom Training WhatsApp group:



ENTRY TERMS AND PROCEDURE

Every competitor has to register through a Google Docs Form. You can follow the link in the email. If you have any problems registering through the Google Docs Form please send an e-mail to sara@tws-windsurf.com.

Only after a confirmation e-mail your registration will be completed. Note that if you don't register the exact dates, we cannot schedule you in. To avoid trainings being too crowded we ask **all riders to register prior to your arrival!** If you sign up before 15 October you get a 10% discount on the trainings and if you join for the month of January you will get an 10% discount on the month fee for January. We can't guarantee a place without registration, so if you know friends, team riders or others that would like to join the training, please inform them to register online!

ARRIVAL

On location it is mandatory for every rider to fill in the entry form at the TWS center together with the payment in cash before heading out for your first training.

The address of the TWS center is:
Tenerife Windsurf Solution
Paseo de Nuestra Mercedes de Roja 56
38612 El Medano, Canarias, Spain
T +34-922179401 Email info@tws-windsurf.com

SAFETY

Safety has priority over other issues; therefore, the trainings might be modified for safety reasons. Each rider participating in the trainings, when in a position to do so, must render any possible assistance to another rider in danger, and assist the organizers with any relevant information in the event of a rescue being needed.

It is obligatory for all riders to wear a helmet since the trainings are happening on a foil. This is mandatory and when you are not wearing a helmet you can be excluded for that cycle of races.

In case of broken gear or any other serious incident during the training, TWS will assist you on the water with our ridged inflatable boat and bring you back to the beach if necessary. As a result, the training might be stopped for a while: the training will restart as soon as the boat is positioned again on the starting line and the organizers confirm next starting time.

Every participant who leaves during the training must communicate to the Race Director and/or organizers. If not possible the participant must at least communicate with any other participant, who can communicate to the Race Director.

We'll ask you to take care of each other's safety on the water and keep in mind that we're training. Participating is on your own risk and TWS cannot be held responsible for any damage to you or your equipment.



PRICES

The TWS Pro IQ Foil Training fee's for 2022 are:

| PERIOD | TRAINING | STORAGE |
|----------------------|----------|---------|
| 3 months:* | € 975,- | € 375,- |
| 2 months:* | € 750,- | € 275,- |
| 1 month: * | € 410,- | € 199,- |
| 3 weeks: * | € 375,- | € 135,- |
| 2 weeks: | € 299,- | € 105,- |
| 1 week/Coach Regatta | € 199,- | € 65,- |

*These prices include the Coach Regatta Fee

All prices are in euros. Payments needs to be done in cash at the TWS Center **before** your first training. For those who sign up for the whole month of January you will get an extra 10% discount for the fee for January.



AIRPORT TRANSFER (ONLY TENERIFE SUR Airport, airport code TFS)

Airport Transfers for windsurf material can be arranged for € 35,- per rider, one way. If you are travelling without windsurf gear, we recommend you to take a taxi as it's only 12-15 euro from the airport to the El Médano bay.

If you want an airport transfer we ask you to send all your flight details and phone number to sara@twswindsurf.com at least 5 days in advance so we have time to organise the transfer. The day before arrival you'll receive a detailed e-mail with the pick-up location.

We do not offer transfers from the Tenerife North Airport (airport code TFN) so please book your flight to the Reina Sofia Airport in the South, airport code TFS

STORAGE

We offer several storage places. The storage fees are for one full set of the IQ foil gear.

If you want to make use of the storage facilities, we ask you to send an email to sara@twswindsurf.com

APARTMENTS

We are having good contacts with real estate agents in El Médano and are willing to help you out with organising your stay. If you would like to book an apartment you can send all your information and needs to sara@twswindsurf.com and we'll do our best to find you a good and comfortable stay. Be aware that El Médano is getting more popular as a winter windsurf destination, so do not wait too long with organising your accommodation. We can provide you with some contacts to sort out your apartment.



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TRAINING TERMS AND RULES

A regular week of training contains between 2 and 4 training days depending on the conditions. We will announce the expected racing days one week ahead and at 20:00 the night before the training will be confirmed or cancelled via the WhatsApp group. We're always aiming to do 4 trainings days a week and might have days on stand by.

- TRAINING DAY:

Last season we have been experimenting with different formats of back to back racing. Depending on the situation we want to choose the scenario that fits that day best. Most likely all the competitors will race in one fleet but groups may be formed if it increases the efficiency of training. The groups will be communicated in the WhatsApp group the morning of the training day. The following racing schedule may be used and will always be communicated up front.

RACE TRAINING

7 races back to back

break*

7 races back to back

*duration of break t.b.c.

- STARTING PROCEDURE:

The starting procedure will be a 4 minute sequence:

| | |
|--------|---------------------------------|
| 4 min. | Red Flag Up |
| 3 min. | Red Flag Down |
| 2 min. | Yellow Flag Up |
| 1 min. | Yellow Flag Down |
| Start | Green or General recall Flag Up |

On the boat will be signaled (visual with 1 or 2) which group is about to start.

- OVER EARLY:

A general recall will be made in case somebody goes over early. At the boat the person will be called over early and needs to skip the re-sail of the race, just like a real race. In the general recall you'll have 1 minute less than the normal starting sequence. ATTENTION: Two general recalls in a row counts as one race! So after the second general recall we either move on to the next group that races or start a new race. In case you're over early in the second try you'll miss that upcoming race.



- BE ON TIME

We expect the competitors to be on time for the races. In case a rider misses the first race the competitor will not be allowed to do that cycle of back to back races. We ask you to respect this rule and not refuse orders of the Race Director. Exceptions can be made in case of material breakage; we hope we can trust riders and expect them not to make disabuse of this exception.

- TRAINING FORMATS

Beside regular racing we can decide to do more specific training. Any suggestions are always welcome and we're open for any kind of training to make you better.

- ANALYSIS

All starts will be filmed and also jibes or full races can be recorded. We'll like to organise video analyse sessions to extend our training facilities off the water. If you can't make it to join the video analyse session you can also bring a USB so we can transfer the starts you were not able to see to your USB device.

TRAINING SCHEDULE

Every week we aim to conduct 4 training days. Every week a schedule will be made based on the latest wind forecast. The official and final decisions can be found in the WhatsApp group.

Every training day the starting time will be decided by the race director and it will be announced to the competitors by using the WhatsApp group.

SUITABLE CONDITIONS

The Race Director will make the decision if conditions are suitable for training. The compatibility of air density, wind speed, wind direction, wave size, currents, weather and temperature will be considered when determining suitable conditions for training.

MEDIA

Professional pictures and videos will be made during the trainings and published on our Facebook page for promotion www.facebook.com/ProSlalomTraining. Publications of footage is free to use for all riders taking part in the trainings with the associated copyright tag which can be asked at the TWS staff. (©TWS/photographer).

Private photo/video sessions can be arranged with Bartek Jankowski/ 7Pixels.





CREW AND INFORMATION



Guillermo Fernandez Mendez is the Race Director of the TWS Pro Slalom Training. Guillermo will be responsible for the training on the water and the organization of the video analysis. Guillermo can be contacted via the Whatsapp group, during video analysis or by email: guille@tws-windsurf.com



Sara Wennekes is the product manager of the TWS Pro Slalom Training. Sara will be responsible for your registration and will help you out with all your needs for a stay in El Médano. You can contact Sara via the WhatsApp group or by email: sara@tws-windsurf.com



Jordy Vonk (Ned-69) will be spokesman for race- and training related issues and will communicate closely with Guillermo and Sara.



Matteo Iachino will be advising on the Foil race and IQFoil trainings and as a member of the TWS Pro Slalom Team he will be with us all winter to give you a hard time on the course :)



Pavle Dujic is running the TWS repairshop for your boards, booms and sails repairs.

If you have any questions, suggestions or like to book your training. Please send an email to sara@tws-windsurf.com

We are looking forward having you training and racing with us this winter in Tenerife!

